

Sin you are working on: Lying

Impediments and Facilitators

| | To the Former Sinful Ways | To the New Holy Ways |
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| Impediments | Add impediments to sin: | Remove impediments to righteousness: |
| | Conversion | Crucify laziness & selfishness |
| | Fear God by seeing God's view C.2.b, & be convinced that lying doesn't pay off | Reject hopelessness (1 Cor. 10:13; Phil. 4:13) |
| | Pray to hate lying Prov. 8:13; Ps. 97:10 | Remove negative peer pressure |
| | Crucify underlying motivations to lying | Speak truth when tempted to cover up |
| | Confess sins to elders and ask for prayer | Get rid of discouragement, failure attitude |
| | Identify every type and instance of lying & ask forgiveness of God and others | Refuse to say "I can't" – see affirmations sheet |
| | Memorize Prov. 12:22; John 8:32 & meditate. Promise of Josh 1:8; 1 Tim 4:5 | Develop transparency with parents |
| | Worship God for being truth and thank Him that He hates lying | Get right with those you have lied to |
| | Anticipate vulnerable times (Ps. 39:1a) | Meditate on God's holy truthfulness. Thank God that He is reliable. Worship Him for this. |
| | Occasional fasting | Rebuke yourself when you think it doesn't matter. Then ask God to give you the hatred for lying that David had (Ps. 119:163) |
| | Spiritual warfare prayers | Reminder that Satan is the father of lies and you side with him when you lie (John 8:44-45) |
| | Realize consequences to lying | Ask God to remove a heart that suppresses the truth in unrighteousness (Rom. 1:18) |
| | See lying as demonic, revolting | |
| | Transparent with accountability partner | |
| Hang out with people who value truth | | |
| Facilitators | Remove facilitators of sin: | Add facilitators to righteousness |
| | Crucify pride – cf. pride vs broken heart | Faith/Expectation 2 Pet 1:3-4; Gal. 3:1-9 |
| | Break demonic legal ground Ex 20:5; Ps | Hope 1 Cor. 10:13; Phil. 4:13 |
| | Verbally resist demons Ps. 101:3-4 | Memorize verses & meditate |
| | Know when internal motivators come | Realize God exalts the humble who confesses |
| | Identify the key circumstances that tend to make it easy to lie and take action | Accountability Eccl. 4:9-10 |
| | Get rid of friends who lie & manipulate | Crucify selfishness through service |
| | Quit protecting pride or avoiding shame | Work the circle of life |
| | Be quick to repent and confess sin | Daily give rights to God |
| | | Make Laws of harvest part of your life |
| | | Claim Scriptures of truthfulness leading to friendships and other blessings (Prov. 22:11) |
| | | Daily prayer for God to help you to "love truth and peace" (Zech. 8:19) |
| | | Thank God for embarrassments of being caught or anything else that crucifies pride. |
| | | Hang out with humble, godly people |
| | | Meditate on God's views of lying and truth |
| | Ask God to sweep away your lies (Is. 28:14-17) | |